TOPS

TAKE OFF POUNDS SENSIBLY

Hey fellow members and friends the "Take Off Pounds Sensibly", TOPS Club is still going on strong even though we've had a hard rough winter. We're still meeting in the Evegreen School House, our weigh-in starts at 6:30 P.M. and our program begins at 7:00 P.M.

The membership fee has gone to $9.00 per membership per year, including a monthly magazine. Our dues are .25 per week, & for calorie sheet fine is .50 if you don't bring it. We pay .20 per pound if we gain.

We now have elected new officers to take office April 1 and they are as follows: Gay Stafford - Leader, Dot Moore - Co-leader, Mary Alice Gowin - Secretary, Jo Ann Shorter - Treasurer, Evelyn Austin - Weight Recorder, Ann B. Hodges - Assistant Weight-recorder.

We will soon have our jewelry for awards night and one of our members is soon to reach her KOPS Status (Keep Off Pounds Sensibly) and we will have a program, and honor her with a silver tray that is engraved with her name and TOPS and the year.

So just think friends, you too can be awarded a silver tray and you'll be the new slim person you always wanted to be.

On March 7, Shirley Walton of the Extension Office here in Appomattox, will be presenting a program on crafts for our club. If anyone wishes to come and visit with us and see the craft program and how our TOPS Club works, we will be more than glad to have you.

If you have any further questions concerning our TOPS Club call: Gay Stafford - 352-5873 or Jo Ann Shorter - 352-5346.

Come on, all you girls who need a little help in losing some weight, we're all in the same boat. So let's all help each other through the winter and on into summer.

Young Hearts Club

The Young Hearts Club met February 24, 1977 at United Memorial Methodist Church with 20 members present, 2 new members, Mrs. Kate Dinkins and Mrs. Della Barrall, and 2 visitors.

Rev. Clarence Davis, from New Hope Baptist Church led the devotions.

Sharon Jackson spoke on behalf of the Youth Action Program, and the club voted to join the group in the March of Dimes Drive. The Young Hearts will rock while the youth dance on March 12, from 8 a.m. to 12 p.m. Be sure you make your gift to this worthy cause at the stores or the High School on this day.

Mr. and Mrs. Grover Smith beautifully decorated tables to represent the months of the year, and each member was seated according to birthdays, then gave a skit appropriate to the month.

Members weighed in and will check their weight again at the March meeting at Liberty Church on March 24th.

The meeting ended with a most enjoyable covered dish luncheon.

Florence Trent
Acting reporter

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GOOD NEWS FOR HOMEMAKERS

Shirley W. Walton
Extension Agent

Grocer's-Shelf Gardening

Carrot ferns and mango trees can be inexpensive additions to your plant collection with a little ingenuity and effort on your part. In fact, many of the fruits and vegetables you buy from the grocery store can be the source of interesting and unusual house plants.

The fine feathery foliage of the carrot gives it a fern-like appearance in a bright kitchen window. Easily grown from a half-inch segment cut off the top of the carrot, this bit of greenery will last for months in moist sand.

Other plants which can be sprouted straight from the grocer's shelf include beets, horseradish, onions, ginger, sweet potatoes and pineapple. Beet tops and horseradish tops are grown the same as carrots. They make attractive plants although somewhat coarser in appearance than carrots.

Onion bulbs (or garlic cloves) can be started in a glass of water or a bulb glass, which holds the top three-fourths of the bulb out of water. Snips of the green leaves make a spring taste treat.

Ginger, which is slow to start, needs to be soaked in warm water before being planted in a rich, moist potting mixture. It may take up to six months before it sprouts and will require good drainage and lots of sun. Be sure to plant it with the sprout end up.

Sweet potatoes are an old favorite for growing indoors. The lush green vines grow rampantly in a sunny window. Place the tuberous root in a jar of water with only the top third exposed.

Unlike the Irish potato, the sweet potato doesn't have eyes from which vines will sprout. It has a distinct sprout end from which the vines will arise and grow best if placed upright in the jar. The rapidly growing foliage can be trained on a trellis or used around the window in place of a curtain.

Pineapple can be grown somewhat like carrots. Carefully cut the pineapple, allowing two inches of the solid fruit portion to remain with the crown of leaves. expose the cut portion to air one to two days. lace the base in water with the green top exposed or apply rooting hormone and place in moist sand. When roots develop, pot in sterilized soil and keep in a sunny location.

Citrus fruit such as orange, grapefruit, lemon and lime make very attractive house plants with their glossy green foliage. Seed should be planted as soon as they are removed from the fruit or kept in water for only a short length of time. Upon germination you will likely see the phenomenon know as polyembryony. A single seed may produce two or more plants because of the presence to two or more embryos within the seed.

The seed of most fruits cultivated in cold climates such as apple, peach, pear, plum and cherry, require a cold period before they will germinate. To sprout these seeds in the house, you will have to provide them with this cold period artificially-through a process known as 'stratification' or 'moist-chilling'.

Place the seeds in moist peat moss in a plastic bag and store at the appropriate temperature. The requirements vary with specific fruit and with different varieties, however, storage at 35-45 degrees Fahrenheit for two to three months will insure successful germination for most of the commonly available fruits.

RECIPE OF THE WEEK

Tea Garden Salad

Dissolve 1 pkg. orange gelatin in 1 cup strong hot tea. Strain 1 #1 can crushed pineapple; 1 can manderine oranges. Add water to make 1 cup. Add juice to jello. Mix pineapple, orange sections and 1 small can Chinese water chestnuts sliced. Add to gelatin mixture. Can be served with whipped cream and mayonnaise mixed.

What's A Tobacco Allotment Worth?

James A. Smith
Extension Agent

There's a growing demand for purchasing Dark Fire Cured Tobacco Allotments. With fire cured tobacco prices jumping 50% over the past five years, farmers outside the traditional fire cured tobacco belt are looking for new sources of income. Appomattox County is a likely place to seek these allotments since Appomattox growers only harvest 30% of their allocated acreage. One might ask, 'If dark tobacco represents a new source of income why isn't it kept here and added to the current four million agricultural income?' There are many reasons, but the final decision is with that individual farm family. Available labor, age of operator, available curing barns, off-farm employment and health are the frequently mentioned reasons for not growing tobacco.

So what is an acre of allotment worth? It depends on production costs, the production per acre and how quickly one expects to recover the capital investment.

A recent budget indicates that the production costs for an acre of fire cured tobacco is $929.90. This does not include charges for taxes, buildings, insurance, interest, tobacco sticks, land or fuel. If all of these are included the total cost per acre would be $1000.

With some assumptions built-in some direction begins to emerge–the production cost is $1000, average yield is 1250 pounds, price per pound is 90 cents. Gross value is $1125 or $125 profit. If the capital investment is to be recovered in three years the charge for the allotment would be $375 (3 X $125), but if the recovery time is five years the charge would be $615 (5 X $125).

But suppose the new grower is an excellent manager, weather conditions are good and he gets a yield of 2000 pounds. Using a price of 90 cents per pound, his gross income is $1800 and a net of $800. In this case he would recover the capital investment in one year.

How much then should an acre of fire cured tobacco sell for? It is a capital asset, once sold it can't be easily replaced but regardless of all the implied economics, there is a reasonable top that will be paid. This is where free enterprise enters the picture–how much will be seller demand and how much is the buyer willing to pay.

Teachers To Study Record Analysis

Advisors of twelve Young Farmer associations in Southside Area will take part in a workshop on farm record analysis in the Appomattox County High School, March 8. Working with the teachers will be J. A. Nolen, Jim Nolen Associates, Inc., and R. B. Carter, Director of Vocational Education in Appomattox County.

Registration will begin at 4:00 p.m. The workshop will be sponsored by the Virginia Agribusiness Management Association and Fidelity American Bank.

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Pamplin Ruritans - Appomattox FFA To Cooperate On Community Project

The Pamplin Ruritans initiated new members Joe Coflin, Dick Dolan and John Goin into the club. This marks the first time in over ten years that the club has 30 or more members. Other guests at the February meeting were Ralph Hamlett, Steve Neville, Jim Embry, David Gilliam and Ruritan Zone Governor John Metzger of Cumberland.

The club approved this year's Community Center budget of $25,000.00 for grading, seeding, lighting, seating, fencing and concession stand with rest rooms. Construction plans for a tournament-size softball field were also approved. Grading will begin as soon as weather permits.

Lewis Harris, on behalf of the Evergreen Ruritan Club, presented the Pamplin Club with a check for $100.00 for the Community Center.

Dennis Torrence, Vocational Agriculture Instructor, and Robert Dvess of Appomattox High School FFA presented a program on the FFA's involvement in community development. They discussed how the FFA had assisted the Oakville Ruritans with their recreation project at Oakville School. They also assisted in developing the Appomattox Children's Park. Now, the FFA will be able to assist the Pamplin Ruritans on the Community Center as their next project. The Pamplin Club accepted with gratitude their offer. Construction of portable bleachers and a backstop will be the first job for the FFA.

In celebration of scout birthday, the Pamplin Ruritans, who also sponsor scouting in Pamplin, recognized the scouts. The charter was renewed and presented to the club. Joe Coflin was recognized as scoutmaster and Rev. Douglas Hager as assistant scoutmaster. Greg Hipps represented the Pamplin Troop. Jim Embry was recognized as the Webelos leader. Harry Byrd Slam represented the Webelos pack. Jim Cobb was recognized as Cubmaster and Tom Cobb represented the Cub Pack. Donald Baldwin is Chairman of the Scout Committee. Horace Coleman said that he started with scouting in 1916 and there isn't any job he hadn't had except den mother. Ruritan Zone Governor John Metzger is a retired naval officer in charge of juvenile disciplinary action. "I have had to interview over 1,000 dilinquent boys" he said, "and only one was a scout and only two knew the names of their Sunday School teacher."

Perfect attendance pins were awarded to Horace Coleman, Ed Harvey, Wilson Harvey and R. E. McClenny, Sr.

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